

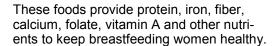
Women who breastfeed their babies and do not get formula from WIC can get extra foods to help them stay healthy during this important time.

Breastfeeding moms get:

- Cereal
- Whole Grains
- Juice
- Beans
- Peanut Butter

And ADDITIONAL:

- Milk
- Cheese
- Eggs
- Canned Fish
- Fruit and Vegetables



EXCLUSIVELY BREASTFED BABIES RECEIVE EXTRA FOOD TOO!

Babies who are exclusively breastfed get:



- Twice as much fruit and vegetable baby food than a formula-fed baby
- Baby food meat



WIC INFANT FORMULA

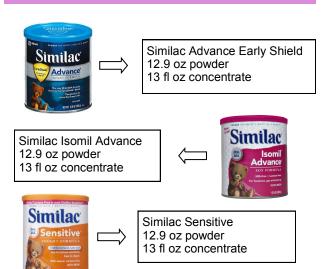
In rare cases when breastfeeding is not possible, WIC offers infant formulas that meet FDA standards.

BUY: The exact brand, type, size and quantity of formula printed on warrant.

DO NOT BUY: Less than the amount specified on the warrant. No substitutions allowed.

Most Common Formulas Pictured Below

(Other formula allowed in some cases, but only if printed on the warrant)



No substitutions of infant formula!

Contact your WIC Clinic to get new warrants if you need to change your baby's formula.

Do not sell, trade, or give away WIC warrants, food or formula for money, credit, rain checks or other items.

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